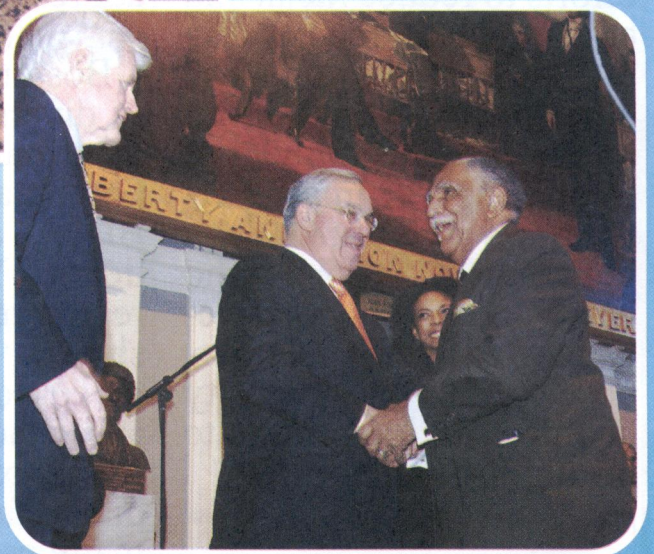


# BOSTON SENIORITY

Thomas M. Menino, Mayor of Boston

VOLUME 30 WINTER

NUMBER 2



## MAYOR'S COLUMN



Last week, I attended the National Leadership Summit on Eliminating Racial and Ethnic Disparities in Health in Washington, D.C. where over 2,000 leaders from government, media, academia, and groups working to improve the health of minority communities throughout the U.S. come together.

At the Summit's award ceremony, I received the Director's Award for efforts to reduce racial and ethnic health inequity in the City of Boston. The "Director's Award," given by the U.S. Department of Health and Human Services, is presented to a government official who has worked collaboratively and with singular purpose to improve minority health and eliminate health disparities.

I'm honored to have been chosen for this award on behalf of the city and all of our partners in this important effort. While we have made strides in addressing healthcare disparities in our city, we know that there is much more to do, and the real celebration will take place when we can say that health disparities based on race and ethnicity are eliminated once and for all.

Over the past several years, I have led a groundbreaking effort in Boston to analyze and address the problem of health inequities in minority populations in the city. In June 2005, the City of Boston was the first city in the nation to produce a report detailing the problem locally, and at the same time develop a comprehensive blueprint to address the issue.

Boston is an increasingly diverse city, with more than half the population now made up of Asian, Black, and Latino residents. Yet data in the report released in Boston showed that when compared to White Bostonians, Black, Latino and to a lesser extent Asian Bostonians fare worse among many indicators.

Shortly after issuing Boston's report, I, along with the Boston Public Health Commission, raised and distributed more than \$1 million to 33 community groups to implement programs aimed at solving this vexing problem. I also harnessed the energy of all of Boston's teaching hospitals in addressing inequities in health disparities. Boston hospitals are now at the forefront nationally in the research and development of best practices that healthcare facilities can use to improve care to communities of color.

Staff from the Boston Public Health Commission share information on Boston's Disparities Project with summit attendees. Details on the city's efforts can be found at [www.bphc.org/disparities](http://www.bphc.org/disparities).

February is African American Month  
and we are celebrating some of the  
First -African Americans in Political Posts

First African American Male Mayor:  
Carl Stokes, Cleveland, Ohio 1967-1971

First African American Female Mayor:  
Sharon Pratt Dixon Kelly, Washington, D.C. 1991-  
1995

First African American Elected Governor:  
L. Douglas Wilder, Virginia 1990-1994

First African American Male U.S. Secretary of State:  
General Colin Powell, 2001-2004

First African American Female  
U.S. Secretary of State:  
Condoleezza Rice, 2005-Present

First African American Male U.S. Diplomat:  
Ebenezer D. Bassett, 1869, Diplomat to Haiti

First African American Female U.S. Diplomat:  
Patricia Harris, 1965, Diplomat to Luxembourg

First African American U.S. Representative to the  
United Nations:  
Andrew Young, 1977-1979

First African American Nobel Peace Prize Winner:  
Ralph J. Bunche, Mediator of the Arab-Israeli truce,  
1950.

First African American U.S. Supreme Court Justice:  
Thurgood Marshall, 1967-1991

## Boston Seniority

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Number 2

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City of Boston*

**Thomas M. Menino**  
Mayor

**Eliza F. Greenberg**  
Elderly Commissioner

**Tomas Gonzalez**  
Chief of Staff

**Kathleen Giordano**  
Deputy Commissioner Community Relations

**Joanne Lee**  
Deputy Commissioner Advocacy and Planning

**Greg Rooney**  
Deputy Commissioner Transportation

**Francis Thomas**  
Deputy Commissioner  
Administration & Finance

**Kaysea Cole**  
**Teresa O'Connor**  
Interim Editors

**Eileen O'Connor**  
Photographer

**Kali Borrowman**  
Interim Content Editor

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# Mayor Menino's Medicare Enrollment for Seniors



In an effort to make the transition into the appropriate Medicare Part D prescription drug program smooth for Boston's seniors, Mayor Thomas M. Menino and the Commission on Affairs of the Elderly would like to introduce its Boston Medicare Part D Enrollment Program. This free program was created to address the fears and anxieties felt by many seniors facing the daunting task of choosing and enrolling in the Medicare Part D prescription drug plan that is right for them.

Seniors will have the opportunity to make a one-on-one appointment with a program staff member starting early February. During this appointment, the program staff member and senior will choose the Medicare sponsored prescription drug plan that best fits the senior's prescription drug needs and economic capabilities.

It is Mayor Menino's goal to assist every senior in the City of Boston who is eligible

for Medicare Part D and asks for help. This includes seniors who have been auto-enrolled in a random plan due to their membership in Mass Health and wish to change plans, as well as seniors who have Medicare Part A and B but are not yet enrolled in a Medicare Part D prescription drug plan.

The Elderly Commission has set up locations, primarily in community centers throughout Boston, where a senior and a program staff member can meet confidentially to discuss, choose, and ultimately enroll that senior into the best Medicare prescription drug plan. Many of these sites will also be staffed by a SHINE certified volunteer who, like enrollment program staff members, will assist in enrollments and be available to answer other health care questions and concerns. Special consideration will be given to seniors who are homebound. These individuals will receive assistance in the comfort of their own

homes by a program staff member. This program has the capacity to accommodate seniors who speak a number of languages, including English, Spanish, Russian, Cantonese, Mandarin, Italian, Vietnamese, Cape Verdean Creole, and Haitian Creole. Again, all enrollment appointments, regardless of where they take place, are completely free of charge.

Mayor Menino and the Elderly Commission understand the reluctance many seniors feel towards enrolling in a prescription drug plan alone and has created the Boston Medicare Part D Enrollment Program to both ease seniors' anxieties and address individual enrollment issues. In order for seniors to take advantage of this program it is absolutely essential they contact the Elderly Commission to set up a one-on-one appointment with a program staff member. To that appointment, the senior must bring a list of all of their prescription

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# Oh what a night!

by Kathleen Giordano



Even the youngest volunteers had enough energy to dance at the Mayor's Annual First Night event for seniors at the World Trade Center

Mayor Thomas M. Menino brought in the New Year for over 3,000 Boston senior citizens at the Seaport World Trade Center on Boston's waterfront on December 28th. Done with an official count down to twelve, noon that was - not midnight, the Mayor yelled "Happy New Year" with the crowd of seniors, with party hats crowning their heads, responding by blowing party horns, yelling the greeting back to him and all others in attendance while waving their arms in delight.

This year's event marked the 18th annual New Year's celebration for seniors sponsored by the Commission on Affairs of the Elderly. The Seaport World Trade Center has been

hosting the gala for the past eight years through the generosity of its director John Drew and his staff. Seniors are treated to an afternoon of entertainment, dancing, gifts and a delicious turkey dinner, plus transportation to and from their neighborhood - all free.

This year's entertainment included Laura Corlin, 2003 Miss New Hampshire Junior National Teenager, who sang the National Anthem, brought in the "New Year" with a beautiful rendition of Auld Lang Syne and went on to thrill the audience with familiar show tunes. Once again the award winning Swirl Program Double Dutch Jump Ropers thrilled the seniors with their athletic capabilities. Bringing

it all together was the well known Boston DJ Charles Clemens of CC Sounds who got the crowd off their seats to hug, sing and dance.

Also present to wish the seniors her greetings for the New Year was Gerry Guardino, executive director of First Night Boston, who invited everyone to take part in the merriment planned for New Year's Eve throughout Boston. And to top it off, Red Sox mascot Wally the Green Monster was in attendance, waving to the crowd and posing for pictures.

The Senior First Night Celebration is brought to the elders of Boston through the courtesy of Mayor Menino and the generosity of Ever Care, Argus Advertising & Multi-cultural Marketing, Care Giver Alliance, East Boston Foundation, Zelma Lacey House of Charlestown, Bay View Assisted Living of South Boston, and Standish Village at Lower Mills, Jiten Hotel Management, and The Boston Red Sox.

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# JUST BROWSING

By Mel Goldstein



Old City Hall, Boston

*Mel Goldstein is the Mayor's representative to the Senior Advisory Council and the Elderly and Russian Liaison for the Mayor's office of neighborhood services. Mel also finds time to host several annual events for seniors in Boston. He may be reached at 617-635-4834*

The end of summer is signified by Labor Day, which is usually celebrated with cookouts, picnics and other various activities. This year, for the first time in many years, Bibi and I attended a temple cookout given by our temple brotherhood. It was an intergenerational event and as usual, a large percentage seniors. When my wife and I walked in, there was the usual jockeying for tables and who was going to sit with whom. We sat down with

our group and were looking forward to an afternoon of celebration and enjoyment. We were just getting settled in our seats when I, out of the corner of my eye, spied this tall, forbidding looking woman threading her way between the tables and chairs. Upon reaching her target, which happened to be me, she stopped and as if transfixed, started in with this question: "Do you know that party that Mayor Menino ran on City Hall Plaza?"

I answered very quietly, "Yes."

"Well, I will tell you that I was very disappointed in that party!" she said. I couldn't help but ask her why.

"Well," her reply, "there was too much mayonnaise in the sandwiches."

I was surprised that she had forgotten the free transportation, free lunch, and a three-

hour show; but remembered that there was too much mayonnaise in the sandwiches.

You know you are getting old when everything either dries up or leaks. One must wait until evening to see how splendid the day has been. Being young is beautiful and being old is comfortable. Old age is when you are so gray and wrinkled, and bald your former classmates don't recognize you. I don't know how I got over the hill without getting to the top!

I wonder how many of you out there have seen last year's Academy Award Nominee "Sideways" about the Napa Wine Valley. I have the good fortune of having friends that just went into the wine business specializing in Pinots: Pinot Noir, Pinot Grigio, and Pinot Blanc. Speaking of which, wouldn't it be great if one of these wine businesses created a wine that would prevent seniors from having to visit the bathroom every night? I have thought about this before, and it keeps rattling around in my brain.

In any case, another thought on my mind lately has been about how privileged we have been over the years to live in a time that, in my mind, has had the finest entertainment. Most of them have now gone, but just a few I can recall: Fannie Bruce, Sophia Tucker, Lena Horne, Ethel Waters, Ethel Merman,

*continued on page 11*

# Annual Holiday Phone - A - thon



On Friday, December 9 and Saturday, December 10, Mayor Menino, Elderly Commissioner, Eliza Greenberg, AT & T and Merrill Lynch sponsored a phone-a-thon for Boston Seniors.

Friday's event was sponsored by AT&T and took place at Boston City Hall. Merrill Lynch hosted the event on Saturday in their offices at 125 High Street in Boston.

Five Hundred excited Boston Seniors turned out for the annual two-day event. On each day, seniors were given 30-minutes of free phone calls anywhere in the world to call loved ones during the holiday season. Calls were made to Russia, China, Spain, South Korea, Japan, Vietnam, Italy, Poland, Ireland, England, Puerto Rico, Cape Verde and many other countries.

The generous donation by Merrill Lynch and AT&T cost an estimated \$150,000. This year marks the twenty-sixth year of the Holiday Phone Calls Program sponsored in part by the Elderly Commission. AT&T has co-sponsored this event for 10 years and Merrill Lynch for 26. This program has become a worldwide initiative reaching more than 250,000 senior citizens in the United States and abroad.

## **Personal Needs Allowance for Persons in Residential Care Facilities** *by Betsy Downton*

The Personal Needs Allowance for Persons in a Residential Care Facility (PNA) applies to residents of nursing homes and other residential care facilities who are covered by Medicaid. These persons give their entire social security, SSI, and pension checks (except for \$60.00/ month) to the homes to pay for their care. The remainder of the cost for their care is paid for by Medicaid. The \$60.00 dollars is used to pay for the residents' clothing, stamps, television, phone installation, haircuts/styling, podiatry and dental visits, snacks and outings just to name a few items. As you can see, the amount is totally unrealistic. A winter coat to wear to the doctor's office costs more than \$60.00 at most stores. Just because a person is in a residential facility does not mean the person does not need clothes. Our oldest, frailest and neediest citizens are being placed in an untenable position and the State has the power to correct that situation.

The PNA is set by the State. It has not been raised since the 60s when it was cut from \$72.00 to \$60.00.

*continued on page 11*

# First night



# Where Are All the Mints?

by Kali Borrowman

## Union Oyster House



If there were ever a contender ready to over throw baseball as America's favorite past time, it would be eating. In fact, Americans eat while doing just about everything. So to celebrate our love of food and good company, I introduce "Where Are All the Mints?"

In upcoming issues of the Seniority I, and a featured senior of the month, will be reviewing a Boston restaurant. This new entertainment piece comes directly to you by inspiration of three important people in my life. My aunt, for whom this idea would have never blossomed without, my father who cannot help but take as many mints as possible on his way out of a restaurant, and John, a senior, and fellow regular at my favorite restaurant in Columbia, Missouri, who never leaves without asking for the mints.

In deciding what restaurant was to be my very first review, I thought it to be only appropriate to review a Boston classic: the Union Oyster House. Union Oyster House has been a tradition since 1826, making it the oldest restaurant with continuous service in the country. Located at 41 Union Street in Boston, this standard cannot be easier to find. Follow the Freedom Trail or walk one block north of Faneuil Hall and you can't miss it! Union Oyster House stays with its tradition of serving fresh seafood like oysters on the half-shell, but also offers salads, sandwiches, and hot New England style entrees, just to name a few. This month, helping us hand out mints, is our featured senior, Angela Hatch. Angela was a perfect pick to rate this restaurant: having lived in Boston her entire life, Angela had never been to the Union Oyster House. What an injustice!

To start off our experience, a server promptly brought over two huge pieces of cornbread and a glass of water for us both. The delicious cornbread kept us busy while we waited a noticeable amount of time for our server. On a scale of mints: one to five, with five mints as the high, we both rated the atmosphere with four mints. I liked the cozy booth we sat in; it gave us a nice quiet place to talk.

After ordering, our food came in a timely fashion. Angela ordered fresh Boston scrod that was flaky, buttery, and absolutely delicious. She scored it with five mints. As a new Bostonian, this was my first scrod experience: a tasty first impression. I ordered a fried oyster roll. The bread was toasted, and the oysters were wearing a crispy breading, accompanied with fresh lettuce and tomato, I was happy. I enjoyed my meal, and give it three mints. Angela and I both agree the cole slaw was fresh and tasty. I was disappointed when I was not able to substitute my French fries for the Boston baked beans, but as a carb-lover, I enjoyed my fries just the same. We finished our meal with a slice of Boston cream pie (my first); it was delicious.

Because of the lunch crowd, we received less than fast service; however, cleanliness and accessibility picked up the extra slack. The food was New England comfort, but priced for its touristy location. By averaging our ratings of atmosphere, food, service, value, cleanliness, accessibility, and overall experience, we gave Union Oyster House a total of four mints. On your way out be sure to grab a mint from the giant scallop shell on the hostess stand!



# Eating Well for Better Health

By Erin Boyd, MS, MPH, Dietetic Intern

Heart disease, high blood pressure, high cholesterol, diabetes—Chances are good that most of you know at least one person who's been affected by some of these chronic conditions. Maybe some of you have even experienced them personally. What do these health problems have in common? They are all significantly influenced by lifestyle factors—especially diet and exercise.

Eating healthfully doesn't have to be difficult. Believe it or not, it can even taste great. There are many small, simple steps you can take to improve your diet—and they can all add up to better health.

## BALANCE YOUR CALORIES

An imbalance of calories taken in (from eating or drinking) versus calories burned (through physical activity) will cause weight gain or weight loss. That is why it is particularly important to pay attention to the amount of calories you consume. If you're sedentary and you need to lose weight, you may want to limit the amount of calories you take in. If you've been losing too much weight lately and you haven't been eating a lot, you may want to try to take in even more calories to maintain your weight. The home

delivered meals and the meals served at the congregate sites contain about one third of the total calories you need in a day.

## TIPS FOR REDUCING YOUR INTAKE OF CALORIES:

- \*Choose smaller portions.
- \*Fill half of your plate with vegetables or salad. Then fill in the rest with lean meat or sides.
- \*When eating out, share an entrée or take half home for later.

## CUT THE FAT

A diet low in total fat can lower your cholesterol and reduce your risk for heart disease and diabetes. Because fat is high in calories, reducing your fat intake may also help you maintain or lose weight. The home delivered meals and the meals served at the congregate sites must not exceed 30-35 percent of total calories.

## TIPS FOR LOW-FAT EATING:

- \*Choose low-fat or fat-free dairy products.
- \*Choose lean cuts of meat.
- \*Trim fat from meats.
- \*Remove the skin from chicken or turkey.
- \*Limit the use of high-fat salad dressings, sauces, and gravies.
- \*Choose baked, steamed, broiled, or boiled dishes, rather than fried.

Switch from whole milk to 2 percent, from 2 percent to 1 percent or from 1 percent to skim.

## WATCH THE SODIUM

Reducing the amount of sodium in your diet may help lower your blood pressure, which can reduce your risk for heart disease. The sodium content of congregate and home-delivered meals follow "no added salt" guidelines. A higher salt meal may be served twice per month.

## LOW-SODIUM TIPS:

- \*Choose low-sodium canned soups or make homemade soups with less salt.
- \*Choose frozen vegetables, rather than canned vegetables, which often contain added salt.
- \*Limit packaged foods, like chips, crackers, and other salty snacks.
- \*Remove the salt shaker from your table.
- \*Choose only low-sodium varieties of prepared foods or meals.
- \*Eat out less often. When you do dine out, ask your server for low-sodium options or find out if your meal can be prepared with less salt.
- \*Season meats and vegetables with herbs, low-sodium seasonings, or lemon and lime juice instead of salt.

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## Medicare D Enrollment and Outreach continued from page 4



Shelia Lehane giving medicare part D information to seniors.

drugs, dosages, and how frequently they take each drug. Seniors should also bring with them any pertinent insurance, HMO, Medicare, and/or Medicaid Cards. Seniors can make an appointment by calling (617) 635-MEDD.

Full schedule on page 32



## Just Browsing Continued

Bing Crosby, Perry Como, Fred Astaire & Ginger Rogers, Judy Garland & Mickey Rooney, Bob Hope, Eddie Cantor, Al Jolson, Nicholas Brothers, Kate Smith, the Andrews Sisters, Rudy Valle, Doris Day, Jack Benny, Fred Allen, Mary Brothers, Fibber McGee, Easy Aces, Lorenzo Jones, Myrt and Marge, Amos and Andy, Lassie, Sky King, Bobbie Benson, Tom, Mix, Buck Rogers, Sherlock Holmes and Dr. Watson.

These are just a few that I touched on. We could go on and on. How about Easy Aces, Lorenzo Jones, Myrt and Marge, Amos and Andy, Lassie, Sky King, Bobbie Benson, Tom, Mix, and Buck Rogers Don't forget to send in for your magic ring! Tear ing the top off your neighborhood grocer.

Do you remember those days? Before Howdy Doody and Captain Kangaroo. Radio days and nights, Lux Radio Theater and Little Theater. Off Time's Square, Campagna Italian Balm, Don Ameche, Gang Busters, Joe Friday, and 20,000.00 in Sing Sing. What about Sherlock Holmes and Dr. Watson and Fred Waring and his Pennsylvanians How about Harry Horlick and his A&P Gypsies.

Do you remember the entertainers those days? Where are they now?

If you can recall any more, send them in to me (Guess Who??) City Hall, Room 708. I'll be waiting!!

## Personal Needs Continued

The Federal government reimburses the State for 50% of the cost of the PNA. The Governor's Budget (House 1) is out. Now is the time to advocate to include the PNA in the budget. Advocates for PNA are asking that an increase to \$72.80/ month plus a COLA (Cost of Living Adjustment) be included in the budget for fiscal year 2007 (which begins July 1, 2006). The cost of this initiative is about \$4.85 million. Advocates have gained a strong supporter in Representative Bob Correia from Fall River (part of the leadership) who will actively support the inclusion of the PNA as a budget item.

### You can help.

1. Contact and urge your State Representative to make PNA a budget priority when he/she speaks with Ways and Means Chair Deleo and Speaker DiMasi about the budget.
2. Please also Contact Chair Deleo and Speaker DiMasi yourself and urge them to make the PNA's budget priority.

### State House Contacts:

Robert Deleo  
(617) 722-2410  
Rep.robertdeleo@hou.state.ma.us

Speaker Salvatore DiMasi  
(617) 722-2600  
Rep.salvatoredimasi@hou.state.ma.us

### Elderly Commission Contact:

Betsy Downton  
(617)635-3979

## Eating Well for Better Health

*Continued from page 10*

### STRIVE FOR FIBER

Diets high in fiber may reduce your risk for heart disease. Fiber also helps maintain regularity. High fiber foods, like fruits, vegetables and whole grains are required items in the congregate and home-delivered meals.

### HIGH-FIBER TIPS:

\*Substitute beans for meat at dinner at least once per week.

\*Snack on fruits and vegetables.

\*To avoid discomfort when you eat fiber-rich foods, drink more water and increase the amount of fiber in your diet gradually.

Vitamin A and vitamin C are two very important nutrients for seniors. Among other things, vitamin A aids vision; proper immune function; and growth, development, and maintenance of healthy skin, hair, and mucous membranes. Good sources of vitamin A include carrots, apricots, mixed veggies, avocados, sweet potatoes, and pumpkin. Vitamin A-rich foods are included in congregate and home-delivered meals 3-times per week.

Vitamin C is essential for growth and repair of tissues in all parts of your body, it helps with

healing, and it's a powerful antioxidant—which means that it helps reduce the damage done to our bodies from exposure to chemicals, pollutants and other harmful substances. Deficiency of vitamin C can lead to dry skin, bleeding gums, weakened tooth enamel, decreased wound healing, swollen joints, and anemia. Vitamin C-rich foods include asparagus, bell peppers, cabbage, potatoes, strawberries, oranges, juices, pineapple, and okra. Vitamin C-rich foods are included daily in congregate and home-delivered meals.

### BRINGING IT ALL TOGETHER

Don't skip breakfast! The morning meal is a great opportunity to get an added serving of fruit, vegetables, or low-fat dairy. For a quick bite, try adding ½ cup of whole-grain cereal to a cup of low-fat, fruit on the bottom yogurt.

If you tend to fill up quickly, try eating small meals five or six times per day, rather than two or three large meals.

Don't forget to drink! Staying hydrated is one of the most important things you can do to keep healthy—even if you're not feeling thirsty. Drink at least eight servings of water or other beverages throughout the day. Remember that foods made with water—like gelatin, soup, and pudding—can help you stay hydrated as well.

If you have trouble chewing,

choose softer foods, like canned fruits, puddings, gelatin, cottage cheese, yogurt, hot cereals, ground meats, and mashed white or sweet potatoes.

Certain medications can make you lose your appetite or can take the taste away from foods. If you aren't eating as much as you should, you may want to try a nutritional supplement in pudding, drink, or shake form. Talk to your doctor or a registered dietitian about your specific needs.

As we age, we need less food to maintain our weight, but your vitamin & mineral needs stay the same or even increase! Choose foods that are nutrient-rich.

Be active every day! Whether it's walking, swimming, doing yard work, climbing the stairs, or shoveling snow, it's important to get some type of physical activity for at least 30 minutes each day.

The meals provided by the Elderly Commission are designed to offer the best possible nutrition for seniors. Participating in the congregate or the home-delivered meal program is a great way to ensure adequate nutrition for one meal each day. By making small, simple changes to your other meals and snacks, you can be well on your way to better health!

# FIVE WISHES by Kristen Labbe

If you cannot speak for yourself, who would you want to be your advocate?

**What kind of wishes would you have if you were no longer able to verbally communicate for yourself?**

**How would you want to be treated in a hospital or medical care setting?**

These are the questions you need to consider before it is too late. Like many cases over the past years, people have not made out advance directives before they become ill or involved in a major accident. When the time comes for making decisions on their behalf, family members were not sure how they wanted to be treated or what their wishes were. If you became incapable of making your own decisions, do your family and doctor know what you would want for medical treatment? Before trying to answer that question, test or expand upon your knowledge on this topic by checking out the following terms.

**Advance Directive:** A document that is signed by a competent person giving direction to healthcare providers about treatment choices in certain circumstances.

## (2) types of Advance Directives

**Durable Power of Attorney (healthcare proxy):** Allows you to name a patient advocate who can make healthcare decisions on your behalf and carry out your wishes.

**Living Will:** Allows you to state your wishes in writing, but does not name a patient advocate.

A great example of a legal document, which encompasses both the living will and health care proxy, along with medical, personal, emotional and spiritual components, is called the FIVE WISHES LIVING WILL. This legal document allows you to designate someone you love to carry out your own wishes. The Five Wishes document, which are filled out partially or fully by the patient, is comprised of the following categories:

1. "Which person do you want to make health care decisions for you when you can not make them."
2. "The kind of medical treatment you want or do not want."
3. "How comfortable you want to be."
4. "How you want people to treat you."
5. "What you want your loved ones to know."

*continued on page 15*

# Healthy Wealthy & Wyse

By Geraldine C. Wyse, RN

Americans are more food conscious today than they were 20 years ago. Today, foods have content labels on the side. Have you noticed how many more shoppers are reading the labels before buying the product? Whoever thought you would be interested in sodium, sugar content, fats or calories per serving?

What else should you read on a food label?

What does expiration date mean, best eaten by, best sold by?

You should read all labels, especially the dates. You want to be sure you are eating safe, high quality food.

If you are taking immunosuppressant drugs or NSAIDS with proton pump inhibitors (like Prilosec) you are at higher risk for food-borne illnesses, if you are also over 50 years old, because we often experience changes in stomach acidity and we are less able to destroy bad bacteria.

Remember, dates are only guidelines for shoppers. If a food is not correctly refrigerated, left out on the counter for 2-3 hours, smells funny, looks moldy, then you had best throw it away. If you think it is not safe to eat, you are probably cor-

rect. Nothing is more anxiety provoking than to hear someone got "food poisoning", nausea, vomiting or diarrhea after one of your family or holiday parties. It takes a long time to restore your reputation as a good host/hostess.

## **Some familiar terms you will see at the supermarket:**

**Sell by:** the last date the grocery store wants the food to be sold to customers. The product will then be taken off the shelf.

Many dairy products like milk and cheeses, when correctly refrigerated and stored at 40 degrees Fahrenheit or less, are good for 7-10 days in the home.

The fewer times the foods are taken out of the refrigerator, the safer they are. Lunch meats are usually safe to eat for 3-5 days after the "sell by" date.

Remember, in large supermarkets, foods are placed in the front counter so they will be sold first. You may see different dates when you look at the back row of milk cartons and meats that are prepackaged. Always buy the food that is most recently packaged

**"Best by" or "best before":** often refers to peak quality or freshness. Some foods lose their

flavor or texture after this date. Examples are eggs, and frozen, dried or canned foods. Interestingly, eggs are usually good for 3-5 weeks after this date when they are stored safely in your refrigerator in their carton. Most of us have eaten muffins, cookies and candy after their expiration dates. They are never very tasty!!!

**"Packed" or "processed"** are package dates to help you decide freshness. In Boston, we are lucky to have many fish markets and fresh fish in our supermarkets. In some parts of the country, all their fish products are imported from other states and the products will have "packed" dates on the plastic labels.

If you find an expired product (fresh, canned or baked), let the manager know ASAP. It may be an oversight on the store's part

When you get home and find that a food has "turned" inedible, please call the supermarket to alert the manager. The manager really does want to know so he can check all the food produced and placed on their shelves at that time. Often times on the news, we hear of "recall" foods and products. This is how the companies find out that the batch of food, medicine, cars, etc. is defective. They rely on consumers who are involved.

**“Wish One:** Allows you to choose the person you want to make decisions for you when you can’t make them for yourself. Lawyers call it a “durable power of attorney for health care.”

**“Wish Two:** is a living will. Allows you put in writing the kind of medical treatment you want or do not want if you become seriously ill and can not communicate with anyone.”

**“Wishes Three and Four:** Allows you to describe in detail how you want to be treated so that your dignity can be maintained.”

**“Wish Five:** Allows you the opportunity to tell others how you want to be remembered, and express other things that might be in your heart, like forgiveness.”

*This was taken directly from the Aging with Dignity website: [www.agingwithdignity.org](http://www.agingwithdignity.org). Aging with Dignity is a private, non-profit organization that has distributed over four million copies of this document nationally. For more information, please contact Aging with Dignity at:*

**Aging with Dignity**  
**PO Box 1661**  
**Tallahassee, FL 32302-1661**  
**Phone: (850) 681-2010**

**Important to note:** This is not the only living will or advance directive available in Massachusetts. The Massachusetts Health Care Proxy is also a legal document, which is available by contacting your doctor, lawyer, financial planner, clergyperson, insurance company or local hospital. Please do not wait to be your own advocate.

## **Women Take Note: Your Heart Disease Symptoms are Unique**

**By Anne Charette, MSN, ANP**

**Nurse Practitioner, Vitamin K Laboratory**

**Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University**

There has been a common belief among health care providers that heart disease is more of a problem for men than for women. In fact, most of what is known and taught about heart disease is based on studies on men. Now things are changing for the better: women are getting the attention they deserve.

The American Heart Association (AHA) called together heart health experts in 2003 to establish guidelines to prevent heart disease in women and to educate and raise public and professional awareness.

The fact is that heart disease is the number one cause of death of women in the US. But women experience a different set of symptoms than men do making it less likely that it will be detected in its early stages.

Cardiovascular disease includes strokes, heart attacks and other heart and blood vessel disorders. One in every three women will die from coronary heart disease, the condition that leads to heart attacks. A heart attack occurs when a blood vessel within the heart muscle, that supplies oxygen rich blood to the heart, becomes blocked either by a slow process of narrowing or by a blood clot or piece of plaque. An area of heart muscle will be permanently damaged if oxygen rich blood is disrupted for a long enough time.

Mayor Menino's support letter on the choice of a long-term care setting Bill. If passed, this bill would allow seniors in MA a choice on how to spend their long-term care Medicare dollars whether it is at home with services or in a long term care institution.



CITY OF BOSTON • MASSACHUSETTS

OFFICE OF THE MAYOR  
THOMAS M. MENINO

January 12, 2006

The Honorable Salvatore DiMasi  
Room 356  
State House  
Boston, MA 02133

Dear Speaker DiMasi,

I want to thank you for your commitment to real health care reform in Massachusetts. This is an issue of great concern to all cities and towns as we try to adequately address the needs of both our residents and our employees.

In addition to the important issue of adequate support for safety net hospitals such as Boston Medical Center, I would like to also draw your attention to another provision of the health care reform bill now before the Conference Committee that I believe will affect older Bostonians in a beneficial way.

Seniors have often expressed to me a desire to remain living in their homes or apartments for as long as possible. The thought of a nursing home is seen only as a last resort. Yet the Commonwealth has remained silent in its statutes that we share that goal of keeping people living in the least restrictive setting. We need to give our older citizens a real choice of long-term care options and end the institutional bias that removes people from their homes and neighborhoods instead of allowing them to age in place.

Section 11B of the Senate health care bill includes this important "equal choice" language. I strongly support this language because I see choice as a key family issue in our City. Studies from other states show that shifting to community based care will save the state money and allow us to help elders where they live. In our own state, by investing in community care, we have succeeded in lowering nursing home patient days by 17% since 2000. Now is the time to make long term care a real choice.

I would greatly appreciate your support to ensure that Section 11B on "equal choice" remains in the final health care bill that comes out of Conference. Thank you for your continued leadership on this important issue.

Sincerely,

Thomas M. Menino  
Mayor of Boston

# City of Boston Celebrates the 23rd Annual Tribute to Dr. Martin Luther King, Jr.



Boston's seniors enjoyed a two-day speaking and musical highlight in recognition of Dr. Martin Luther King, Jr. On Sunday, January 15, the Gift of Song event featured performer, songwriter and vocalist, Patti Austin with jazz recording artist Andre Ward. The program packed the Wang Center.

On Monday, January 16, seniors enjoyed the National Speaking Program at Faneuil Hall. Among the outstanding guest speakers were civil rights legend, Dr. Joseph Lowry, Mayor Thomas Menino and Senator Ted Kennedy. The Greater Love Tabernacle Choir and Project STEP Children's Orchestra were on hand filling the hall with song and music. Following the program, seniors were escorted over to City Hall for a plated luncheon.

The two-day event celebrating the legacy and life of Dr. Martin Luther King, Jr. was a great success and enjoyed by all.



Because the process of blood vessel narrowing occurs slowly, usually over decades, there is an opportunity to intervene and fix the problem before damage occurs. But symptoms may be so vague that people don't know that they have a problem. And because heart disease has been so underestimated in women, the problem can easily be missed.

Typically women are about ten years older than men when they are diagnosed with heart disease. They are most often post menopausal and have other medical problems that increase the risk of a heart attack.

Certain conditions or habits, called risk factors, increase the likelihood of developing heart disease. Those risk factors are the same for both sexes: diabetes, high blood pressure, high blood lipids (cholesterol, triglycerides), smoking, older age, and family history of premature heart disease. Obesity and sedentary lifestyle are also common in people with heart disease. Of those risk factors, diabetes is a stronger risk factor for women than for men.

In women, heart attacks symptoms are unique. In fact, women are less likely to experience that typical heart attack symptom of crushing chest pain. Instead they may report discomfort in the chest, described as aching, tightness or pressure rather than call it chest pain. Women are also more likely to have neck and shoulder pain, nausea, vomiting, dizziness, cold sweats. In one study, women who had heart attacks felt short of breath, weak and unusually tired. Symptoms leading up to the attack were most often fatigue, sleep disturbance, shortness of breath, indigestion and anxiety.

The optimum non-invasive test to diagnose heart disease in women has not been established. Treadmill exercise stress testing has historically been less accurate in women than in men. Stress testing in which an isotope is injected (thallium) is more sensitive in women than the traditional treadmill, but is still not ideal. An exercise stress echocardiogram (sound wave) test appears to yield the most accurate information for testing women at this time.

Cardiac catheterization, considered the "gold standard" test for both sexes, is usually reserved for people who most likely have heart disease and need an intervention such as angioplasty or by-pass surgery.

The AHA panel for prevention of heart disease in women set guidelines for care, based on levels of risk: high, intermediate, and low. All women however, should follow the same recommendations: stop smoking and avoid second hand smoke; get adequate physical activity; maintain a healthy weight; choose a heart healthy or lipid lowering diet; control blood pressure and diabetes. Daily aspirin therapy was only recommended for women at higher levels of risk. Your primary care doctor can help you determine which category for heart disease applies to you.

**For more information go to:**

**National Heart, Lung and Blood Institute** [www.hearttruth.gov/](http://www.hearttruth.gov/) 301-592-8573/TTY 240-629-3255

**American Heart Association** [www.americanheart.org/](http://www.americanheart.org/) 1-888-MY HEART

**The National Coalition for Women and Heart Disease** [www.womenheart.org/](http://www.womenheart.org/) 202-728-7199

*Scientists at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University are leaders in the field of nutrition and aging. Results from their research have greatly contributed to information on the prevention of osteoporosis, heart disease, degenerative eye diseases, and muscle loss. For a list of current study opportunities, call our recruitment line at 1-800-738-7555 and request a general study packet.*

WHAT A DIFFERENCE A  
CENTURY CAN MAKE  
IN 1905.....

- \*The average life expectancy in the US was 47 years.
- \*Only 14 percent of the homes had a bathtub.
- \*Only 8 percent of the homes had a telephone.
- \*A three-minute call from Denver to New York City cost \$11.00.
- \*There were only 8,000 cars in the U.S. and only 144 miles of paved roads.
- \*The maximum speed limit in most cities was 10 mph.
- \*The tallest structure in the world was the Eiffel Tower.
- \*The average wage in the US was 22 cents per hour.
- \*More than 95 percent of all births took place at home.
- \*Nearly 90 percent of physicians did not have a college education.
- \*Most women only washed their hair once a month, and used borax or egg yolks for shampoo.
- \*The American flag had 45 stars.
- \*The population of Las Vegas, Nevada was 30!!!
- \*Crossword puzzles, canned beer and ice tea had not been invented.



## **Bill Rodgers Running Center**

"The most experienced running staff in Boston"

**Official 2006 Boston Marathon®  
Merchandise coming soon!**

Faneuil Hall Marketplace Boston  
North Market Building

**(617) 723 5612**

**Store Hours: Monday - Saturday 10 am - 9 pm Sunday 12 noon - 6pm**

**billrodders.com**

**check us out online**



## RSVP Volunteers

Help South Station Usher in the Holiday Season

By Kali Borrowman, AmeriCorps\*VISTA



On December 3, 2005, three RSVP volunteers donated their time and voice to South Station. Morris Englander, Lee Emerson, and Lois Epps participated in the South Station Story Tellers event held this year during the annual Holiday Stroll. The event was held this year to entertain children and adults alike as they passed through South Station to attend the Holiday Stroll in Downtown Crossing.

Families, adults, children, and teenagers all stopped in for a listen as our volunteers read three different holiday stories. RSVP volunteers read stories illustrating a variety of winter holidays: *Moishe's Miracle* by Laura Kress Melmed, *How the Grinch Stole Christmas* by Dr. Seuss, and *Elijah's Angel* by Michael J. Rosen.

Morris Englander, a Hebrew Senior Life volunteer, has been with RSVP for almost four years. With his expertise in theater and performance, Mr. Englander led the volunteers

and read *Moishe's Miracle* first. By using voice inflection and facial expressions, Englander commanded the audience grasping their attention. Next, Lois Epps read *How the Grinch Stole Christmas*. Ms. Epps, a Senior On Call, has only been with the RSVP program for a little less than a year, but delivered her story like a pro. Even young adults stopped to listen to this classic told with warmth. Last, but certainly not least, Lee Emerson read *Elijah's Angel*. With her dynamic personality, Ms. Emerson was able to capture adults' attention as they strolled by the stage. Ms. Emerson volunteers with the knitting group, Hooks and Needles, and has been an asset to RSVP for almost three years.

South Station presented the volunteers with a lovely gift to show their appreciation. Our thanks go out to these RSVP members for representing our program so well!

## Can the kind of vegetable oil in foods lower your risk for heart disease?

Seeking healthy postmenopausal women with high cholesterol, aged 50-85 years to participate in research study. Two 5-week dietary phases. Menus include pumpkin muffins, baked garlic chicken, macaroni salad, and cinnamon cookies. Exclusions: diabetes and cholesterol lowering medications. Participants can earn \$650.00.

### All meals provided.

For more information, please call

**1-800-738-7555**

### Request Study #1537.



*This ad has been approved by the T-NEMC IRB.*

Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University  
711 Washington Street, Boston, MA 02111

## Caring for a Loved One With Alzheimer's Disease?

by Teresa O'Connor

Caring for a loved one with Alzheimer's Disease is an enormous responsibility. Behavior changes, forgetfulness, wandering and an increase in physical care are just a few changes caregivers face. The incessant changes that occur with Alzheimer's Disease are exhausting. As a result, caregivers often neglect their own emotional, physical and spiritual health.

Why? Caregivers usually feel a sense of guilt attending to their needs when the needs of their loved one seem more significant. Unfortunately, when this happens both the caregiver and the care recipient lose.

Luckily, there is help for people providing care to loved ones with Alzheimer's Disease. Caregiver Alliance of Suffolk County provides caregivers with individual counseling, information and referral, educational workshops on caregiving related topics, citywide support groups and respite scholarships. Caregiver Alliance is a collaboration of five senior service agencies in Suffolk County including: Boston Elderly Commission, Boston Senior HomeCare, Central Boston Elder Services, Ethos and Chelsea, Revere, Winthrop Elder Services. Each of these collaborative members work in partnership with many senior service agencies in Boston that provide specialized Alzheimer services. Additionally, the Alzheimer Association has chapters nationwide that provide in-depth Alzheimer resources.

### Quick Tips for Caregivers Caring for a Loved One With Alzheimer's Disease

- \*Pay attention to your health!!
- \*Get enough rest
- \*Watch what you eat
- \*Drink plenty of water
- \*Get some exercise
- \*Get some leisure time
- \*Plan ahead
- \*Accept help!
- \*Ask for help!
- \*Tell your doctor about your caregiving responsibilities!!
- \*Talk to friends and family about caregiving!!
- \*Ask for help by calling Caregiver Alliance to talk with a Care Advisor!!

### Resourceful Numbers

Caregiver Alliance  
of Suffolk County:  
(617) 292-6211

Boston Elderly  
Commission:  
(617) 635-2713

MA  
Alzheimer's  
Association:  
(800) 548-2111

## Muscle Mass & Strength Research

### Men, Age 65-90

The Jean Mayer USDA Human  
Nutrition Research Center on  
Aging at Tufts University

recruiting for a  
28-week research study  
(4 resident days)

examining the role of  
testosterone and  
growth hormones in  
maintaining muscle mass and  
strength in older men.



**Earn \$1465**

Diabetes, rheumatoid arthritis, obesity, individuals with prostate disease and/or those taking Coumadin or prostate medication will be excluded. Must be willing to stop daily aspirin 3 days prior to the resident days.

For more information, please call

**(800) 738-7555**

Request Study #1735

This ad has been approved by the T-  
NEMC IRB.  
711 Washington Street, Boston, MA 02111

## SABIA USTED QUE? by Carmen Pola

Sabia usted que el Alcalde Menino ha creado un equipo de trabajadores para ayudarnos a seleccionar el plan para recibir nuestras medicinas?

Sabia usted que este equipo trabaja desde las oficinas del Departamento de Ancianos de la ciudad de Boston?

Sabia usted que usted puede Llamar al (617) 635-MEDD y hacer una cita y uno de nuestros empleados ira a la reunion de tu grupo de ancianos y ayudar a llenar los papeles para recibir tu tarjeta para medicinas?

Sabia usted que tenemos personas entrenadas para ayudar que hablan los diferentes idiomas que tenemos en la ciudad?

Sabia usted que Provablemente ha recibido tu paquete del gobierno federal de como 17 compa-nias para que escogas la que mejor te convenga para recibir tus medicinas. Favor de llamarnos si neccitas ayuda?

Sabia usted que no debemos dar informacion por telefono tal como su seguro social, fecha de nacimiento, numeros de tarjetas de credito ,cuenta bancaria, numero del Medicare, ha menos que usted haya sido quien hizo la llamada.

Sabia usted que no debemos desanimarnos, el proceso es sumamente complicado y ha veces confuso. Hay grupos para ayudarte .....Llamanos al (617) 635-MEDD(6333) Estamos en las oficinas del alcalde para ancianos...estamos para servirte....

## Did You Know? in English, by Carmen Pola

Did you know that Mayor Menino has created a team of workers to help us select the plan most convenient for us to receive our drug plan?

Did you know that this team works out of the Boston Commission on Affairs of the Elderly?

Did you know that you can call (617) 635-MEDD and make an appointment with one of our employees to come to your senior group and help you with filling out the forms to receive your medication card?

Did you know that the individuals that were trained to help us speak the foreign languages that we serve in the city?

Did you know that you probably have received a package from the federal government and from about 17 companies so we can choose what is best for us to receive our medications? Please call- we want to help.

Did you know that we should not give information over the phone such as social security numbers, birthday, credit card numbers, bank account number, or Medicare unless you made the phone call?

Did you know we should not get discouraged, the process is complicated and sometimes confusing. There are groups to help us.

**CALL: (617) 635-MEDD or (617) 635-6333.  
WE ARE HERE TO SERVE YOU!**

# RSVP-VOLUNTEER OPPORTUNITIES

## C O L U M N

The Retired and Senior Volunteer Program (RSVP) is federally funded by the Corporation for National and Community Service and is sponsored by the Commission on Affairs of the Elderly. Volunteering through the RSVP program offers seniors reimbursement for transportation costs incurred while doing volunteer work. Volunteer assignments coincide with the special interests of volunteers. Volunteers are assigned at non-profit agencies of their choice throughout the neighborhoods of Boston. If you are interested, contact Lynnette at (617) 635-1794, Kali at (617) 635-2360, or Fran Johnene, RSVP Director, at (617) 635-3988.

### **Citizen Schools-**

Citizen Schools is seeking volunteers to teach their passion to Boston youth. Whether you enjoy cooking, or you have a degree in business, Citizen Schools needs Citizen Teachers to volunteer their time. Create your own lesson plan for this after school program! Teach one (1) 90-120 minutes class per week. No experience necessary, training is provided. Must commit from February 2006 - May 2006. Located in seven (7) different Boston neighborhoods: Brighton, Charlestown, Dorchester, East Boston, Hyde Park, Mattapan, and Roslindale. For more information call Boston RSVP at (617) 635-2360.

### **Bird Street Community Center-**

Make a difference in a child's life. Bird Street Community Center is seeking senior volunteers (55 and older) to become youth mentors. No experience necessary, training is provided. Must make a twice a month commitment for an entire school year. May participate in group events. Accessible by MBTA. For more information please call Fran Johnene, RSVP Director or Kali Borrowman, AmeriCorps\*VISTA Boston RSVP at (617) 635-2360.

### **Boston Health Care for the Homeless -**

Are you good at organizing? Have experience in records management? Get involved with Boston Health Care for the Homeless! Boston Health Care for the Homeless is looking for seniors to help with record management and general administration. Friendly staff! Great location! Perfect for spending a couple hours at each day! For more information call Boston RSVP at (617) 635-2360.

### **Saturday's/Sunday's Bread**

This organization has been serving meals to the homeless for over 21 years! It is open only on the weekends so people can have the chance to eat everyday. They need people who can help serve, and then clean pots and pans from 12:30-4:00 p.m. To volunteer, you would try it for a day by joining an existing group, e.g., college students, a business, a church or a

temple. If you like volunteering there, you keep helping out! It operates from 35 Bowdoin St., downtown (T: Government Center, Green or Blue lines).

Please call Mike Lee, Kitchen Executive at (617) 461-7377.

### **Peace Games -**

Peace Games is an organization that works with schools' families, staff, and volunteers to help students develop social and conflict resolution skills. Volunteers should be retired teachers. Paired with another volunteer, you would be teaching these skills to elementary and middle school students a few days per week, using games and art as your teaching strategies. Schools you could teach at are:

- James J. Chittick Elementary School, Mattapan
- Mission Grammar School, Roxbury
- Nathan Hale Elementary School, Roxbury
- Thomas J. Kenny Elementary School, Dorchester
- Maurice J. Tobin Elementary School, Mission Hill

**For more  
information call  
Boston RSVP at  
(617) 635-2360.**

## Mayor's Senior Advisory Council Welcomes Guest Speakers from The MBTA RIDE

Representatives from *THE RIDE* came to speak at the Mayor's Advisory Council on January 6, 2006. Representatives gave a brief history of *THE RIDE*, an overview on who qualifies for *THE RIDE*, identified areas *THE RIDE* covers, and described how to apply for *THE RIDE*. Please keep in mind that a licensed medical professional must confirm your functional ability on *THE RIDE* form before it is submitted. Additionally, the representatives gave a quick overview of the Charlie Card, the new MBTA fare system. What a success! Many Advisory Council Members had questions and *THE RIDE* had answers. Please join me in a quick overview of *THE RIDE*.

*THE RIDE* program is a popular transportation program available to those who are functionally unable to negotiate public transportation in Massachusetts. Many people are under the allusion that *THE RIDE* provides transportation for medical appointments only: not true. This transportation

service is available for any transportation needs including, trips to the grocery store, events, medical appointments, senior centers and more. *THE RIDE* is a door-to-door transportation service with a minimal fee per ride. *THE RIDE* services 62 cities and towns in the greater Boston area covering over 750 square miles. On average, *THE RIDE* provides about 5,000 rides per day. *THE RIDE* also provides a service to customers who are picked up late. If *THE RIDE* is a half and hour late in picking you up, customers can call *THE RIDE* and ask for an On Time Service Request Form (self stamped card) to be sent to their home. Once you fill out the late card, send it back to *THE RIDE*. Once the late pickup is confirmed, the revenue department at *THE RIDE* will process your card and refund you double the fare you paid. *THE RIDE* representatives urge customers to call the customer service line to report both good and bad service.

Moving the discussion along, *THE RIDE* representatives touched on

the new Charlie Card fare system. The Charlie Card fare system is now rolling out at various MBTA stations. Tokens are still being given at specific stations, but the Charlie Card system will soon take over. The new fare system brings the customer service representatives out of their booths and into the station to assist people. A customer will soon be inserting money into a machine and getting a card with that amount as a balance. Customers will be able to insert their card to add money to their card. Each time you swipe your card at a station or on a bus, that fare will be deducted from your balance.

### IMPORTANT TO NOTE:

In coordination with the new fare system, the MBTA has begun to replace Senior Citizen and T.A.P. Disability MBTA passes. The MBTA will be hosting public meetings throughout the city to take photos and give information. Please call the MBTA at (617) 222-5215 or get on the website at [www.mbta.com](http://www.mbta.com) to find out times and locations of these public meetings.

## SENIOR HOMEOWNERS & RENTERS!

### YOU MAY QUALIFY FOR CASH or CREDIT FROM THE STATE IF YOU PAY RENT OR PROPERTY TAXES

The Massachusetts "CIRCUIT BREAKER" TAX PROGRAM is for persons 65 or over whose property taxes (or 25 percent of rent) exceed 10 percent of their annual income and who meet other qualifying criteria.

If you meet certain requirements, you may be eligible for the refundable tax credit or "Circuit Breaker" for the past three years - even if you did not file, owe or pay income tax with the state.

You may file for the 2005 tax year beginning in January 2006 and may file retroactively for the last three years beginning now. The maximum credit you may receive for tax year 2005 is \$840; for 2004 is \$820; for 2003 is \$810; for 2002 is \$790.

Seniors must meet the following guidelines to qualify for the refund or credit

1. Age 65 or over by the end of the tax year for which you are filing
2. Income: includes Social Security, with some exceptions (i.e. blindness) and non-taxable income (i.e. non-taxable pensions):

<u>Income for tax year:</u>	<u>2002</u>	<u>2003</u>	<u>2004</u>	<u>2005</u>
Single	\$42,000	\$43,000	\$44,000	\$45,000
Head of household	\$53,000	\$54,000	\$55,000	\$56,000
Married, filing jointly	\$63,000	\$64,000	\$66,000	\$67,000

3. Residency: Own or rent residential property in Massachusetts (primary residence)
4. Assessed valuation of home (must not be greater than)  
For tax year: **2002** - \$425,000   **2003** - \$432,000   **2004** - \$441,000   **2005** - \$600,000
5. 10 percent rule

**For Owners:** Amount by which property tax (plus 50 percent of water and sewer fees when not covered by property tax) exceeds 10 percent of income, up to the maximum.

**For Renters:** Amount by which 25 percent of annual rental payments exceeds 10% of total income, up to the maximum. The law assumes that 25 percent of rent goes toward property tax.

Even if you don't normally file with the state, if you meet the above criteria you are most likely due a "refund" check/tax credit from the Dept. of Revenue. If you have an accountant, ask him/her for help with this year and /or previous years. Deadline for 2002 filing is April 15, 2006. If you do not have an accountant, or you do not normally file and need further assistance call:

**The MA Department of Revenue for more information and/or forms for the past 3 years.**  
**Mass. Dept. of Revenue – Customer Service: 1-617-887-6367 or online at [www.massdorcom](http://www.massdorcom).**

## Another S.T.E.P Trainee Gains Employment!

By Annette Richardson



Ms. Patricia Catoe-Kelley was referred to the Seniors Training for Employment Program by another participant, Mrs. Gloria Bittle.

Patricia has been an active participant of this program since December 2004. In the past, she has worked for Boston Senior Home Care as a homemaker where she lovingly cared for her clients. She also worked as a receptionist for the Department of Transitional Assistance, answering phones and assisting individuals with directions.

Patricia's first assignment as a S.T.E.P. participant was at the Boston Public School Family Resource Center (East Zone) where she served as a receptionist, greeter, and informed parents and guardians about the required forms for registering their children for school.

As required by all of our participants, Patricia applied for various positions that were available to her and was hired by her host agency, the Boston Public School Family Resource Center (East Zone).

C O N G R A T U L A T I O N S P A T R I C I A !

## AN ELDERLY COMMISSION THANKS TO A GOLDEN COUPLE

Paul and Marlis Schrattnner have been married for 58 years. Paul was born in Vienna and Marlis was born in Germany. Marlis' mother was a nurse to Paul's great-grandmother. When Paul's great grandmother moved on, Marlis and her mother moved to the U.S.. Paul and Marlis' paths crossed while living in Baltimore.

In 1942, Paul went to visit Marlis' mother in Baltimore. While visiting, he met Marlis. From late 1942 to early 1946, Paul served in the war. He served in France, England and Germany. Although he was well traveled during the war, Paul's heart was in Baltimore. Paul returned from the war and married Marlis in 1947. While still in Baltimore, they had their daughter in 1951.

Paul and Marlis moved to Lexington, MA in 1957 and resided there for 40 years. Though living in Lexington, Paul states that because he and Marlis loved the city, they usually spent three to four nights a week in Boston. In 1995, Paul and Marlis made the decision to move to Boston and have been here ever since.

Paul joined the Mayor's Advisory Council about three years ago. He has offered the Advisory Council and the Elderly Commission as a whole a tremendous amount of knowledge on topics ranging from policy to planning. His dedication and hard work have earned him prestige and recognition among the Elderly Commission staff.

We want to say **THANK YOU** to Paul and Marlis for residing here and making Boston a better city for seniors!



*"Prescriptions  
or groceries?"*

*All of  
the above."*

Prescription drug coverage will soon be available to all people with Medicare. If your prescription drugs are covered under Medicaid, starting January 1, 2006, they will be paid by Medicare.

If you have Medicare with or without Medicaid, Evercare™ plans can help. We have health plans with built-in prescription drug coverage. Here's what you get:

- **Low or No Copays.** There is extra help for those who need it most. Qualified people with limited resources have almost no drug costs.
- **Large pharmacy network.** Includes more than 50,000 pharmacies nationwide.

- **Generic and brand-name drug choices.** Evercare's Drug List reflects the special needs of older people and those with disabilities. So you may get the medicine you need, at a lower cost.
- **More benefits than Original Medicare.** Plus, you get access to a personal care manager to help you get the care you need.

Whether they live independently, in assisted living or a nursing home, seniors deserve better care. Find out more. Call Evercare today!

**1-866-772-0859 Ext. 9005**

**TTY 1-888-685-8480**

Monday thru Friday, 8 a.m. to 5 p.m. Local time.

Evercare™ Medicare Advantage plans are offered by United HealthCare Insurance Company, a Medicare Advantage organization with a Medicare contract. \*Copays and limitations may apply.



Health plans to help you stay independent.

# *Boston Senior Congregate Meal listing*

The City of Boston has over 40 congregate nutrition lunch sites throughout the city for seniors to attend. All seniors over 60 and their spouse are eligible to eat at any of the sites. The suggested donation for the meal is \$1.75, to help defray the production and delivery cost of the meal. Listed below are all of the city's congregate nutrition lunch sites. Find one in your neighborhoods to attend.

If you have any questions please contact **Melissa Carlson at 617-635-1838.**

## **Back Bay and Beacon Hill**

Beacon House  
19 Myrtle Street  
Mon-Fri 9:30a.m.-1:30p.m.  
Traditional

Emmanuel Church of Boston  
15 Newbury Street  
Thursday 10:00a.m.-2:00p.m.  
Traditional

Morville House  
100 Norway Street  
Mon, Tues, Thur, Fri  
10:00a.m.-1:00p.m.  
Traditional

## **Brighton**

Victorian House  
677 Cambridge St.  
Mon-Fri  
Chinese

Veronica B. Smith Senior  
Center  
20 Chestnut Hill Avenue  
Mon - Thurs  
10:00a.m.-1:00p.m.  
Traditional

## **Charlestown**

Ferrin Street  
100 Ferrin Street  
Mon-Fri 8:30a.m.-4:30p.m.  
Traditional

Main Street  
(Golden Age Center)  
382 Main Street  
Tue, Wed, Fri  
8:30a.m.-4:30p.m.  
Traditional

## **Chinatown**

Hong Lok House  
25-31 Essex St  
Mon-Fri  
Chinese

Quincy Towers  
5 Oak Street  
Mon-Fri 9:00a.m.-2:30p.m.  
Chinese

## **Dorchester**

Bellflower Court  
24 Bellflower Court  
Mon-Fri 10:00a.m.-1:00p.m.  
Traditional

Codman Sq. Senior Center  
645 Washington Street  
Mon-Fri 11:00a.m.-1:00p.m.  
Traditional and Vietnamese

Kit Clark Senior Center  
1500 Dorchester Ave.  
Mon - Sat 8:30a.m.-4:00p.m.  
Traditional

Lower Mills Apts  
2262 Dorchester Ave.  
Mon -Fri 9:00a.m.-1:00p.m.  
Traditional

Vietnamese Center  
42 Charles St.  
Mon-Fri 10:00a.m.-1:00p.m.  
Vietnamese and Traditional

## **East Boston**

East Boston Social Center  
68 Central Square  
Mon-Fri 8:30a.m.-12:30p.m.  
Traditional

Heritage Apartments  
209 Sumner Street  
Mon-Fri 9:30a.m.-12:30p.m.  
Traditional

Orient Heights C.C.  
86 Boardman Street  
Mon-Fri 9:00a.m.-1:00p.m.  
Traditional

## **Hyde Park**

Joseph Malone  
11 Gordon Avenue  
Mon - Fri 9:00a.m.-1:00p.m.  
Traditional

*Meal Sites Continued*

**Jamaica Plain**

Back of the Hill Apts.  
100 S. Huntington Avenue  
Mon-Fri 10:00a.m.-1:00p.m.  
Traditional

Farnsworth  
90 South Street  
Mon - Fri 9:00a.m.-1:00p.m.  
Traditional

Nate Smith House  
155 Lamartine Street  
Wed-Fri 9:30a.m.-1:30p.m.  
Caribbean

**Mattapan**

Church of the Holy Spirit  
525 River Street  
Mon-Fri 9:00a.m.-1:00p.m.  
Caribbean

**North End**

Christopher Columbus  
145 Commercial Street  
Mon-Fri 9:00a.m.-1:00p.m.  
Traditional

**Roslindale**

Rogerson Communities  
23 Florence Street  
Mon-Fri 10:00a.m.-2:00p.m.  
Traditional

Woodbourne Apts  
9 Southbourne Road  
Mon-Fri 10:00a.m.-1:00p.m.  
Traditional

**Roxbury**

Amory Street  
125 Amory Street  
Mon-Fri 9:00a.m.-1:00p.m.  
Traditional

LaAlianza Hispana  
63 Parker Hill Ave.  
Mon-Fri 8:00 a.m.- 4:00p.m.  
Latin

People's Baptist  
134 Camden Street  
Tues -Thur  
10:00a.m.-1:00p.m.  
Traditional

Ruggles  
25 Ruggles St.  
Mon-Fri 9:00a.m.-1:30p.m.  
Traditional

St. Patrick's  
400 Dudley Street  
Tues Only 9:30a.m.-2:30p.m.  
Traditional

Walnut House  
125 Walnut Ave.  
Mon-Fri 10:00a.m.-1:00p.m.  
Traditional

**South Boston**

Condon Community School  
200 D Street  
Tues, Thurs, Fri  
9:00a.m.- 1:00p.m.  
Traditional

Curley Recreation Center  
1663 Columbia Road  
Mon-Fri 8:30a.m.-12:30p.m.  
Traditional

South Boston Neighborhood  
House  
136 H Street  
Mon -Thurs  
10:00a.m.-1:00p.m.  
Traditional

**South End**

Anna Bissonette House  
1640 Washington St.  
Mon-Fri 9:30a.m.-1:30p.m.  
Traditional

Cardinal Medeiros Center  
140 Shawmut Avenue  
Mon - Fri 9:00 a.m.- 4:00p.m.  
Traditional

St. Anthony's Arch St. Church  
100 Arch Street  
Wednesday  
10:00a.m.- 1:00p.m.  
Traditional

United South End Settlements  
566 Columbus Avenue  
Mon - Fri 10:00a.m.-1:00p.m.  
Traditional

Unity Towers  
80 West Dedham Street  
Mon - Fri 9:30a.m.-1:30p.m.  
Traditional and Chinese

**West Roxbury**

Boston Aid to the Blind  
1980 Centre Street  
Mon-Fri 9:00a.m.-4:00p.m.  
Traditional

Rockingham Glen  
30 Rockingham  
Mon-Fri 10:00a.m.-1:00p.m.  
Traditional

Roche Center  
1716 Centre Street  
Fri Only 10:30a.m.-2:30p.m.  
Traditional

# Senior Companion

by Eileen O'Connor



On a Tuesday in December, Gloria Stuart the Director of Senior Companion Program and I went to Kit Clark Senior Services to interview Hy Vy, who was looking very sharp. We sat down with Hy along with his supervisor Kim Hall who provided translation. Hy has been a Senior Companion for 11 years. As a companion, he attends hospital visits with clients, as well as home and nursing home visits. While visiting his clients, Hy helps out in many ways: grocery shopping, filing citizenship papers, checking smoke alarms, reminding clients of doctor's appointments, and ensuring that they have plenty of food.

On one occasion, Hy made his usual client visits, and found that one client had fallen. Had Hy not been making a visit, this client might have been laying on the floor for several hours. Hy makes sure that his clients' needs are met. If the situation arises that Hy cannot help, he informs his supervisor who will then take care of the issue. Because Hy has several clients, he travels a lot. He uses the MBTA system. When Hy is not visiting clients he lends a hand at Kit Clark in the food pantry.

One a personal note: At 80 years young, Hy is one of the first Vietnamese Senior Companions on the program. He has been married for over 50 years, and lives in Dorchester. Before coming to the United States he was a school teacher and an investigative police officer for over 25 years. After asking Kim her thoughts on Hy she stated the he is very valuable and that she, herself, relies on Hy to help.

For more information on the Seniors Companion Program please call 617-635-3 9 8 1

## Senior Palooza!

**Ethos Partners with Roslindale to Reach Out to**

### **Seniors During Older Americans Month**

For the second year running, Ethos has partnered up with local businesses and organizations to host Senior Palooza, a month long celebration with fun and educational events for seniors and their families. "We are all about aging as gracefully as possible...SeniorPalooza can help people to understand their choices for care as they age", says Dale Mitchell, Ethos Executive Director. Senior Palooza activities will take place in the neighborhood of Roslindale throughout the month of May 2006, also Older Americans Month. (The first SeniorPalooza was held last May in West Roxbury.) All events are open to the public and most are free. The events planned so far include:

- A "Senior Prom" dance and Fashion Show
- Educational workshops for caregivers to help ease the pressures of and give information about caring for an elderly loved one.
- Volunteer information and recruitment tables for people of all ages interested in reaching out to isolated older adults in their own neighborhood
- Community resource tables at local supermarkets
- A Duck Tour of Boston for seniors
- Special merchant discounts just for seniors

For more information about SeniorPalooza, contact Anne Walker at (617) 522-6700, ext. 338.



Mrs. Frances Bachman was 100 years old on December 21, 2005. She was born in Pennsylvania. Grandma Bachman has lived in New England for the last 50 years. She was a teacher all her adult life, teaching at the Mosses Brown School in Providence, Rhode Island. Ms. Bachman has one daughter, Mrs. Victoria Williams, a resident of the South End, two grandchildren, Curtis & Liana Williams, seven great grand children and one great-great grandchild. These children are Mrs. Bachman's pride and joy.

Her birthday was celebrated at the Susan Bailor Assisted Living, where family and friends celebrated around a beautiful cake and refreshments. Additionally, Mr. Michael Kelly from the Mayor's Office brought best wishes to Mrs. Bachman from Mayor Menino. Elderly Commissioner Eliza Greenberg and City Council President, Michael Flaherty were on hand to celebrate. Boston City Council declared December 21, 2005 as Mrs. Frances Bachman Day.



*Celebrating family style*



*Now thats a cake!*



*With Michael Kelley from the Mayor's Office*

## **PARTNERS** *Home Care*

*Bringing care home*



*Proud to bring quality home health care to Boston's seniors*

[www.partnershomecare.org](http://www.partnershomecare.org)

### **CERTIFIED HOME HEALTH SERVICES**

**781-290-4000**

### **TLC NURSING Private Services**

**1-800-698-2628**

**LIFELINE  
at Partners Home Care**  
**1-800-910-4225**

- Skilled Nursing
- Rehabilitation Therapies
- Home Health Aides
- Medical Social Work
- Specialty Services

- Companions
- Homemakers
- Home Health Aides
- RNs, LPNs
- Physical Therapy
- Case Management
- Partners in Parenting

**Personal Emergency Response Program**  
*Providing peace of mind for clients and families, 24 hours a day, 365 days a year*

# Mayor Menino's Medicare D Enrollment Schedule

Want **FREE** one-on-one, in-person individual help enrolling in a Medicare plan?

The Elderly Commission will actually enroll you in a plan that best suits your needs.

**Call us to schedule an appointment**

**@ 617-635-MEDD or 617-635-6333**

**See times and locations below**

*(NOTE: if you are unable to leave your home, we can come to your home and enroll you there)*

## Monday

9am-1pm Tobin-Mission Hill – Matt Sullivan

2pm-5pm Golden Age – Charlestown – Matt Sullivan

12pm-5pm Hyde Park Muni – Hyde Park – Veronica Miletsky

10am-3pm Unity Towers/Villa Victoria – South End - Vivian Phillips

## Tuesday

11am-4pm Veronica B. Smith – Brighton – Matt Sullivan

9am-12 pm Roche CC – West Roxbury – Vivian Phillips

1pm-5pm Woodbourne Apartments – Roslindale – Vivian Phillips

## Wednesday

9am-1pm. East Boston Social Center – Matt Sullivan

2pm-5pm Elderly Commission – Boston City Hall – Matt Sullivan

9am-11am Curtis Hall – JP – Veronica Miletsky

12pm-5pm Mildred Ave CC – Mattapan – Veronica Miletsky

9am-2pm Condon CC – South Boston – Vivian Phillips

## Thursday

11am-4pm Veronica B. Smith – Brighton – Matt Sullivan

9am-12 pm Roche CC – West Roxbury – Vivian Phillips

## Friday

9am-1pm Tobin-Mission Hill – Matt Sullivan

2pm-5pm Golden Age – Charlestown – Matt Sullivan

10am-2pm Freedom House – Dorchester – Veronica Miletsky

## TRAVEL

Up for an Adventure?  
Tired of the same old vacation?

**Elderhostel** is a not-for-profit organization dedicated to providing extraordinary learning adventures for people 55 and over. From New Hampshire to New Zealand, South Africa to South Dakota, Elderhostel offers you a world of educational opportunities - at exceptional values.

### A Superior Value

Unlike tourist travel, or commercial tours, Elderhostel programs are all inclusive. There are no hidden expenses. In addition to accommodations, we include all meals, lectures, field trips, cultural excursions, gratuities, and medical or insurance coverage. We provide high quality experiences with a high level of service at an extraordinary value.

We invite you to get to know the Elderhostel community, and to join us for an adventure you will never forget.

Toll Free 1(877) 426-8056

Web Site

[www.elderhostel.org](http://www.elderhostel.org)

## RECIPE CORNER

Please submit your favorite recipes to  
**Teresa O'Connor**

By mail:

Room 271 Boston City Hall  
Boston MA, 02201

By Phone: (617)-635-2713

By email: [Teresa.O'Connor@cityofboston.gov](mailto:Teresa.O'Connor@cityofboston.gov)

## South American Harvest Stew

(Makes 8 Servings)

- 1 Tablespoon Olive Oil
- 1 large Onion, chopped
- 1 medium Red Bell Pepper, diced
- 4 heaping cups peeled and diced orange Squash (sugar pumpkin, butternut, carnival, etc.)
- 3 cups cooked fresh or frozen Corn kernels
- 28 oz can diced Tomatoes, with liquid
- 16 oz can red or Black Beans, drained and rinsed
- 1 to 2 fresh hot Chilies, seeded and minced, or 1 (4 oz) can chopped mild green chilies
- 1 cup low sodium Vegetable Stock or water (add more as needed)
- 2 teaspoons ground Cumin
- Salt to taste
- 1/2 cup chopped fresh Cilantro
- Hot cooked Rice

1. Heat the oil in a soup pot or steep-sided stir-fry pan. Add the onion and sauté over medium heat until it is translucent. Add the red bell pepper and continue to sauté until the onion is golden.
2. Add all the remaining ingredients except the last three. Bring to a simmer, then simmer gently, covered, for 25 to 30 minutes, or until the squash is tender but not overdone.
3. Season to taste with salt, then stir in the cilantro. Serve at once in shallow bowls over hot cooked rice. Or, if time allows, let the stew stand off the heat for an hour or two, then heat through as needed.



(formerly LETS)

at University of Massachusetts Boston



### About the Program:

OLLI is part of a nationwide (and worldwide) movement of so-called Lifelong Learning Institutes (LLI) for learners aged 50 and older who are retired or partially retired. In the United States and Canada, there are over 500 programs, and around the world, more than 1,000 programs known in other countries as Universities of the Third Age. Some of these programs are directly tied to college and university campuses, and others are independent.

Established in 1999 with a University of Massachusetts's Service Endowment grant and with support from the Gerontology Institute of the John W. McCormack Graduate School of Policy Studies, OLLI is one of 19 LLIs operating in Massachusetts and is the only program associated with a public university in the city of Boston. In just a few years, the OLLI program has emerged as a large, distinctive, public service contribution for UMass Boston. OLLI membership has grown steadily from 147 in the first year to a current membership of 313. OLLI members come from over 60 cities and towns, particularly from the South Shore, Quincy, Milton, South Boston, and Dorchester. However, most members have had no previous contact with the University.

OLLI provides a learning experience at a modest cost that will enrich the intellectual, social, and

cultural lives of people who share a love of lifelong learning regardless of the extent of their formal education. No academic or other credentials are required. What is essential is an interest in an academic environment, the desire to participate actively in small seminars with your peers, and an open mind about sharing your skills and ideas. There are no tests, no papers, and no degrees. Most of the OLLI instructors, called "facilitators," are retirees. Many of them are retired or current UMass Boston faculty. Others are OLLI members who volunteer to facilitate a course of their interest.

### What Can I Learn?

Nearly 70 courses or seminars on a variety of topics are offered each year. They meet once a week during the day and might last anywhere from 4 to 12 weeks. Field trips, special lectures, and social events are also included in the offerings. Most seminars are held at the Harbor Campus of UMass Boston. It is a short walk from the Massachusetts Archives building and the John F. Kennedy Library and easy to reach by public or private transportation. Parking is available for a small fee.

### Member Benefits:

Members may take one or more seminars (up to three, depending on availability) per semester, serve on committees, and participate in operating the program.

### Other benefits included in the membership are:

- Brown-bag lunch discussions
- Invitations to special and social events
- Free access to UMass Boston's Library and the Clark Athletic facilities on campus including an indoor Olympic-sized swimming pool
- Discounts for Gerontology Institute publications
- Opportunity for leadership as a Board member or a program volunteer

For a nominal fee, OLLI members can get a UMass student ID. A Student ID has many benefits including reduced and free admissions to museums and cinemas.

### Scholarship:

The purpose of the Harry Gloss Scholarship Fund is to provide full or partial scholarships to individuals who cannot afford to pay the annual LETS (Olli) membership dues because of financial hardships. This scholarship is for one year (fall and spring semesters). It may be renewed for one additional year with a new application.

### Contact UMass OLLI Program

OLLI, Gerontology Institute  
UMass Boston  
100 Morrissey Blvd., Boston, MA  
02125-3393  
617-287-7312  
[www.oli.umb.edu](http://www.oli.umb.edu)

## DIRECT SERVICES UNIT

### COMMISSION ON AFFAIRS OF THE ELDERLY

Sharon Butler	Director of Shine and I & R	(617) 635-3120
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### COMMUNITY SERVICE ADVOCATES

Edie Haskins	Mattapan & Housing Specialist	(617) 635-4877
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Richard Morrison	Roxbury & North Dorchester	(617) 635-3993
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TBA	Allston, Brighton & Fenway	(617) 635-3243
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Connie Mohammed	Hyde Park, Roslindale & Readville	(617) 635-4232
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Vilma Valentin	East Boston, Charlestown, North End & South Boston	(617) 635-4363
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Ivy Pham	South Dorchester	(617) 635-4646
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Tammy Sutton	West End, Downtown, Chinatown & Beacon Hill	(617) 635-3202
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Jane Boyer	West Roxbury & Jamaica Plain	(617) 635-3994
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Cynthia Liu	SHINE Assistant	(617) 635-3992
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### COMMUNITY HEALTH ADVOCATES

Anita Hudson	Dental Screening, Beat The Heat & CO 2 Poisoning Awareness	(617) 635-3995
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Michael McColgan	Health & Fitness Programs	(617) 635-4168
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Lee Grant	Mayor's Pharmacy Program	(617) 635-4486
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# Important City Telephone Numbers

## EMERGENCY: 911

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### BOSTON CITY HALL

617-635-4500

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### ELDERLY COMMISSION

Main: 617-635-4366

Senior Shuttle: 617-635-3000

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### MAYOR'S 24 HOUR HOTLINE

617-635-4500

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### MAYOR'S OFFICE OF NEIGHBORHOOD SERVICES

617-635-3485

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### BOSTON CITY COUNCIL

617-635-3040

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### BOSTON ELECTION DEPARTMENT

617-635-4634

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### BOSTON FIRE HEADQUARTERS

617-343-3550

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### BOSTON HOUSING AUTHORITY

617-451-1250

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### BOSTON POLICE HEADQUARTERS

617-343-4500

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### BOSTON PUBLIC WORKS DEPARTMENT

617-635-4900

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### BOSTON TRANSPORTATION DEPARTMENT

617-635-4680